

# Council On Aging News

*December 2011*



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

December is such a busy month for all of us which makes it easy to lose sight of those things that are important but we should all take a moment to step back, relax and think of all the good things that occurred throughout this past year. The holiday season, despite all its hustle and bustle, does remind us still of family, friends, good times and years passed. It also can be a time of difficulty, particularly for those who have suffered the loss of a loved one and are experiencing the holidays without that person for the first time. Over the years we have worked hard to reach out to those who have lost loved ones, particularly with our grief outreach programs. We want you to know that you are not far from our thoughts.

In my November message, I failed to mention by name those veterans who served in the Korean and Vietnam Wars, as well as those currently serving and those who have served in smaller conflicts throughout our history. I wish to assure you that I meant to slight no one and I offer my thanks for your service to our great nation.

The future looks bright for the Kennedy Center and I have no doubt that 2012 will bring even more new programs and exciting changes. May I wish you the merriest of Christmas, the happiest of Hanukah and a most joyful holiday season to all.

Sincerely,

Thomas F. Clasby Jr.  
Director

**FAMILY HEARING CARE CENTER**  
*...listen to the soul*  
 ~ Hearing Evaluations  
 ~ Ear Wax Removal  
 ~ Hearing Aids & Repairs  
 Provider for the Town of Quincy Employees  
 Most HMO's, State GIC Plans

534 Main Street, Suite 2      140 Bedford Street  
 Route 18      Route 18  
 Weymouth, MA 02190      Bridgewater, MA 02324  
**781-337-1144**      **508-279-0700**  
 www.familyhearing.net      3rd Monday of each month  
 John Kiefeker, BC-HIS      MA License #127

**SENIOR PLUMBING**

**Plumbing & Heating Services**  
**Master License # 8440**  
*Master Plumber for 36 Years  
 and now also a "Senior"*

**JOHN J. BYRNE**  
 E-mail: john@seniorplumbing.com  
 www.seniorplumbing.com  
**617-773-2009**

**Considering Senior Living?**  
*It just got easier.  
 Contact us for a tour of our  
 beautiful community*

  
**ATRIA MARINA PLACE**  
 Four Seaport Drive | North Quincy, Massachusetts  
 617-778-3264 | www.atriaseniorliving.com

**ELDYS' YOGA PRACTICE**  
 with Margie Bello  
 Certified Yoga Instructor  
 A gentle and fun yoga for elders  
 (anyone over 50!)  
 Check out my DVD at  
 www.eldsyogapractice.com



## Make your holiday a little brighter

Facilitator, Ellie O'Neil from South Shore Elder Services will share some of her holiday tips for caregivers. Ellie will be available to speak one on one with each participant about their specific needs.

**December 7, 2011 at 10AM**

**At The Kennedy Center,  
440 East Squantum Street**

**Coffee and cookies will be served.**

If you would like to sign up for this event please call the Quincy Council on Aging at 617-376-1506 and please have your member number ready.

**Quincy Shore**  
 Dental Care  
 Joseph W. Competiello, DDS

IMPLANTS • CROWNS • WHITE FILLINGS • WHITENING • CLEANINGS  
 DENTAL X-RAYS • TESTIMONIALS  
**QUINCYSHOREDENTAL.COM • TEL: 617-479-6000**



# MEN'S DISCUSSION GROUP

*The Men's Discussion  
Group is now going into its second  
year. The group meets on  
the second Thursday  
of every month and usually has  
a guest speaker.*

***New members are  
cordially invited.***

# Jewelry Making Classes & Sale



Jewelry classes will be held at the Quincy Council  
on Aging. Learn how to make a piece of jewelry and  
learn to reshape or redesign old jewelry. If you like  
it you may purchase it for a small fee.

**Jewelry Class & Sale December 9th**

**1:00 p.m. - 3:00 p.m.**

**The Kennedy Center**

**440 East Squantum Street**

If you would like to sign up for this class please call  
the Quincy Council on Aging at 617-376-1506 and  
have your member ID number ready.

## Take back your independence!

Safe, Accessible  
Bathing Solutions  
Empowering  
People of all  
Ages & Abilities  
**Walk-in Tub**



**Call Toll Free Today  
800-NEW-BATH  
www.SAFTSPA.com**

All the seniors in town  
are reading this  
newsletter.

Do they know who  
**YOU** are?

Call to place  
an ad today

**800-732-8070**

## QUINCY REHABILITATION & NURSING CENTER

**SERVING OUR COMMUNITY FOR OVER 30 YEARS**

*Long Term / Short Term Skilled Nursing Services*

*Full Rehabilitation Services*

*Specialized Asian Program*

11 McGrath Highway, Quincy, MA 02169

**617-479-2820**

*JCAHO Accredited*

## COLONIAL FEDERAL SAVINGS BANK

*"Your neighborhood bank!"*

QUINCY 15 Beach St. next to  
Wollaston Post Office

**617-471-0750**

1000 Southern Artery

**617-479-1430**

(Residents Only)

[www.colonialfed.com](http://www.colonialfed.com)

**SPONSORS  
WANTED!**

*...space for sale...*



# PS

# Police | Fire | Sheriff

## Public Safety

### *Quincy Public Safety Workshop*

*The Quincy Fire Department, Quincy Police Department and the Sheriff's Office will be at the Kennedy Center for a public safety workshop.*

*Friday, December 9th at 9:00am  
At The Kennedy Center, 440 East Squantum Street*

*Refreshments will be served.*

To register for this event please call the Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

**Grove Manor Estates**  
AN INDEPENDENT AND ASSISTED LIVING COMMUNITY

- Transportation, Socialization
- One or Three meals Daily
- Studio: 1 bdrm / 2 bdrms Apartments

160 Grove St., Braintree, MA  
[www.grovelmanorestates.com](http://www.grovelmanorestates.com)  
**781-843-3700**

**BAXTER PHARMACY**  
& Medical Supplies

*Your full service neighborhood pharmacy*

Thomas R. Libby, R.Ph. • Kelly Nippins, Pharm. D  
Gerry MacDonald, DME

Prescriptions • Diabetics • Ostomy  
Medical Equipment • Home Health Products  
Surgical Supports & Braces • Free Local Delivery



464 Washington Street, Quincy, MA 02169  
Tel: 617-773-7733 • Fax 617-773-8372  
[www.baxterpharmacy.com](http://www.baxterpharmacy.com)

 **DON'T KEEP  
YOUR BUSINESS  
A SECRET!  
ADVERTISE HERE!  
800-732-8070**

# Ongoing Programs at the Kennedy Center

	<u>Program</u>	<u>Time</u>
Mondays -	Foot Screenings - 1st Monday	By Appointment
	Hearing Screenings - 3rd Monday	By Appointment
	ZUMBA	1:00pm-2:00pm
	Line Dancing	10 am
	Scrabble	11:00 - 3:00 pm
Tuesdays -	Shine Program	By Appointment
	Piano Lessons	By Appointment
	Sewing	10:00 am
	Computer Classes	10:30am—11:30am
	Dance	10:00 am
	Yoga for Seniors	12:30 pm—1:30 pm
	Movie	12:00 pm
Wednesdays -	Foxwoods Trip - 2nd Wednesday	8:00 am
	Shine Program	By Appointment
	Knitting Group	10:00 am
	Volleyball	11:00 - 1:00 pm
	Blood Pressure	11:00 - 12:00 pm
	Computer Classes	1:30pm –2:30pm
Thursdays -	Exercise	9:00 am
	Men's Discussion Group -2nd Thursday	10:00am
	Sing-A-Long	10:00am –12:00pm
	Mah-jongg	10:00am
	Blood Pressure	10:00am –11:00am
	Chess	10:00am –12:00pm
	Yoga for Seniors	12:30pm –1:30 pm
	Whist Group	1:00 pm
Fridays -	Bridge	12:00pm -3:00pm
	Financial Planning	By Appointment
	Simple Wills - 3rd Friday	By Appointment

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

 <p><b>CAREPRO HOME HEALTH SERVICES</b>  <small>1 to 24 Hours</small>          Certified Home Health Aides (CHHAs) / LPN's          Personal Care • Transportation          Homecoming • Meal Preparation          Call for a FREE in home assessment          by a Registered Nurse.</p> <p>"WHEN HOME IS WHERE YOUR HEART IS"          Private Duty &amp; Home Health Care</p> <p><a href="http://www.CareProHealth.com">www.CareProHealth.com</a> <b>781-340-7811</b></p>	<p><b>HURRY!!!</b>          SPONSOR THIS          NEWSLETTER!          Call  <b>800-732-8070</b></p> 	<p><b>John Adams HealthCare</b>  <small>211 FRANKLIN STREET          QUINCY, MA 02169</small>          For a tour of our facility, contact Jane Lynn at  <b>617-479-0837</b></p>
<p><b>ACUPUNCTURE ASSOCIATES of the SOUTH SHORE</b>  <small>12 Dimmock St., Quincy Center</small>  <b>617-471-5577</b>          Dan Karp Lic. Ac.</p> <p>• Arthritis          • Tendonitis          • Quit Smoking          • and more</p> <p><a href="http://www.acudian.com">www.acudian.com</a>  <a href="mailto:d.karp@verizon.net">d.karp@verizon.net</a></p>	<p><b>Thank You</b>          to our SPONSORS          for their support</p>	<p><b>FENNO HOUSE</b>          INDEPENDENT &amp; ASSISTED LIVING          540 Hancock St. QUINCY  <b>617-773-1590</b></p> <hr/> <p><b>Century Bank</b>  <b>617-376-8100</b>          William F. Shutt, Jr. - Assistant Vice President  <a href="mailto:wshutt@century-bank.com">wshutt@century-bank.com</a>          851 Hancock Street, Quincy</p>

## 10 Tips for a Good Night Sleep!

### 1. Avoid Stimulants Late in the Day:

coffee, alcohol, sweets, sugars, smoking

### 2. Bedroom Temperature:

no higher than 70 degrees, cooler is better within reason

### 3. Exercise Regularly:

first thing in the morning or late in the afternoon

### 4. Reduce Electromagnetic Frequencies:

don't sleep too close to the alarm clock, use a head set for your cell phone, don't stand in front of the microwave

### 5. Sleep in complete darkness:

close your blinds, shut the lights off and close your door

### 6. Get Adjusted Regularly:

a healthy spine will help reduce stress

### 7. Journal:

keep it by your bedside to jot down a things to do list, thoughts, problems, things you don't want to forget

### 8. Establish a Relaxing Bedtime Routine:

hot shower or bath, read a book, meditate, wind down

### 9. Keep Your Bed for Sleeping

### 10. Sleep in a Comfortable, Supportive Mattress:

experts are replacing "firm" with "comfort"



Best wishes for a wonderful holiday season and a new year filled with peace and happiness

-From the Kennedy Center



**During inclement weather:**

**The Quincy Elder Services transvan service does not run if school is canceled.**



**Allerton House**  
at Hancock Park  
Assisted Living Community

164 Parkway  
Quincy, MA  
(617) 471-2600  
[www.welchrg.com](http://www.welchrg.com)

**KEEP YOUR BUSINESS ON TARGET!**  
Call Today to Advertise! 800-732-8070



# South Shore Visiting Nurse Association

Presents...



## FALL PREVENTION

A "Fall Prevention Program" will be presented by the South Shore Visiting Nurse Association at the Council on Aging. Come enjoy light refreshments and learn about practical ways to prevent falls from occurring. A physical therapist will lead the discussion covering topics such as assistive walking devices, shoes, lighting, and medications, and their role in preventing falls from occurring.

*The South Shore Visiting Nurse Association has been providing quality home care to patients in the community for 100 years.*

*Their Rehab Team is led by, Kim Portello, PT Manager, Rehabilitation Services.*

If you would like to register for this event please call the Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.

**FRIDAY, JANUARY 27, 2011 FROM 10AM –11AM  
AT THE KENNEDY CENTER, 440 EAST SQUANTUM ST.**

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

**STEPHEN TOBIAS HEARING CENTER**  
382 Quincy Ave, Quincy 617 770-3395  
We carry most brand hearing aids  
as well as our own "Tobias" built on site!  
FDA reg #9098584, MA lic #39

 **The HAWTHORNE**  
You Need a Vacation on Cape Cod  
**The HAWTHORNE**  
Rated #1 in Chatham by TripAdvisor.com  
BEST VIEW-BEST BEACH-BEST ROOMS  
BEST STAFF-BEST PRICES  
508-945-0372  
196 Shore Road, Chatham, MA 02633  
[www.thehawthorne.com](http://www.thehawthorne.com)

**TIRED OF CLIMBING STAIRS?**



- New, Rental, Refurb Stairlifts
- Indoor, Outdoor, Custom Curve
- In Stock, FAST Installations
- Wheelchair Ramps & More!

**Free Info Kit by Mail**  
**Free Home Evaluation**

**HUDSON**  
ACCESSIBILITY SOLUTIONS

800.819.8696 [www.HudsonAccess.com](http://www.HudsonAccess.com)

**SENIOR HOMECARE**  
**By ANGELS**

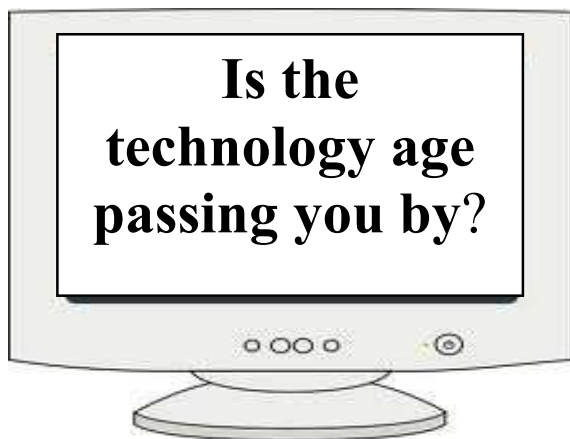


- Up to 24-hour Care
- Shopping/ Errands
- Light Housekeeping
- Meal Preparation
- Hygiene Assistance
- Experienced Caregivers!

781-834-6355



# Is the technology age passing you by?



**Are you interested in learning the basics of the computer?**

**Would you like to get on the Internet and see what it is all about?**

**Do you have a computer and are afraid of using it?**

Well the answer to your questions should be to join the Senior Computer Class at the Kennedy Center. Our program has been going on for the past two years and we have over 150 satisfied students who are now actively using their own computers. Our classes are limited to 10 students so individual attention is given to each student. Questions are welcome at any point during class.

Conveniently scheduled on Tuesday morning (10:30-11:30) or Wednesday afternoon (1:30-2:30), classes are adaptable to your schedules and needs. Either bring your own laptop or use the Kennedy Center computers to learn about this exciting new technology. There are eight classes (one per week) that will start at the very core of the computer and continue to the Internet and beyond. There is no charge for this 8 week introductory instruction.

We are developing our new enrollment schedule, so it is the time to get on the class list. If you signed up before and did not get to attend the class, please sign up again. Please call 617-376-1506 to add your name to the list or stop by the Kennedy Center, 440 East Squantum Street. There are now openings for the Senior Computer Class starting the beginning of the year. Call now and enroll... see you in computer class.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

**SWEENEY BROTHERS**  
*Home for Funerals, Inc.*  
One Independence Avenue • Quincy, MA 02189  
**617-472-6344**  
Richard T. Sweeney, Jr. • Francis M. Sweeney

**The Atrium**  
at Faxon Woods  
*A Benchmark Senior Living Community  
for the Memory Impaired*

**Dedicated Care  
for people with  
Memory Loss**

The Atrium at Faxon Woods is an assisted living community designed exclusively for people with memory loss.

**Call 617-471-5595 today  
to schedule a personal tour!**

2003 Falls Boulevard • Quincy, MA  
[www.benchmarkquality.com](http://www.benchmarkquality.com)

**ALL THE SENIORS  
IN TOWN  
ARE READING THIS  
NEWSLETTER!**

**DO THEY KNOW  
WHO YOU ARE?**

**PLACE AN AD TODAY!**

**CALL US AT  
800-732-8070**

**SUNRISE**  
ASSISTED LIVING  
Or BRAINTREE

• Assisted Living • Memory Impaired  
• Respite Care

**781-356-0190**

Information Center: 618 Granite St., Braintree, MA 02184

**BOSTON  
UNIVERSITY**

**Have you had a hip fracture?**  
**Help improve future hip fracture care.**

If you (or someone you know) have broken a hip and are aged 60 years or older, you December be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.

**For more information, please contact us  
at 617-638-1981**





# Fun Facts



## About December

*December is the twelfth and last month of the year according to the Gregorian calendar. This is used in almost all the world today. It was the tenth month in the early Roman calendar. It became the twelfth month in a later Roman calendar. Until 46 B.C., December only had 29 days. But the Roman statesman Julius Caesar added two days to December, which made it 31 days.*

*In the northern half of the world, Winter begins in December. Winter does not begin until December 21 or 22, and most of December is usually warmer than other winter months. The latter part of December has long been a holiday season. Christians celebrate Christmas Day, as the birthday of Jesus Christ.*

*In the Northern Hemisphere, most birds have gone to warmer climates. But many animals are active. Mink, ermine, beavers, and foxes grow beautiful coats of fur. Nature finishes preparing for the long winter ahead. Many people make feeding places for birds and squirrels.*

### December Birthstone

*The turquoise and zircon are the birthstones for December.*

### December Flower

*Holly, narcissus, and poinsettia are the flowers for the month of December.*

## Groceries Delivered by Roche Bros. Supermarkets

Log on to [www.rochebros.com](http://www.rochebros.com)  
or use our new call-in service



- Call (781) 694-5442
- Phone Lines Open  
Mon & Wed, 9am-5pm
- Major Credit Cards Accepted
- Additional Fees Apply



## Ayers COLLISION

**We take care of the details!**

- State of the Art Auto Body Facility
- Insurance Company Coordination
- Experienced Insurance Estimators
- Free Estimating
- Car Rentals
- Free Detailing with Every Repair
- 24-Hour Towing

[AyersCollision.com](http://AyersCollision.com)

440 B. East Squantum Street • Quincy  
**617-328-0056**



(behind Quincy CGA-Kennedy Center)



**Lydon Chapel for Funerals**

**Complete Cremation Package \$1,599**

**617-472-7423**

644 HANCOCK STREET • QUINCY, MA



**NIELSEN EYE CENTER**  
CENTER FOR SIGHT

**STEVEN A. NIELSEN, M.D.**

**Cataract, Refractive & LASIK Specialist**

Cataract  
Multifocal Intraocular Lenses  
Glaucoma • Diabetic  
Comprehensive Eye Exam  
Medical & Surgical Retina  
Hearing Services  
Cosmetic Procedures

**CALL TODAY  
AND MAKE YOUR APPOINTMENT**

**617-471-5665**  
300 Congress Street, Quincy, MA  
**877-373-2020**  
99 Derby Street, Hingham, MA



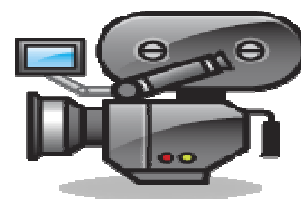
## Recipe of the Month

### Tortellini Soup

1 cup of water  
14 oz. dice tomatoes  
1 cup of water & 1 square vegetable bouillon  
1 tsp. each basil and oregano  
1/8 tsp. pepper  
2 cups frozen broccoli, cauliflower and carrot  
1 cup cheese tortellini

1. In a large saucepan, combine the water, tomatoes, vegetable bouillon, basil, oregano and pepper. Bring to a boil.
2. Stir in frozen vegetables and tortellini. Return to boiling, reduce heat and simmer for 5 -6 minutes, or until tortellini noodles are tender.

## FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



**December 6th: It's a Wonderful Life**  
Starring: James Stewart and Donna Reed

**December 13th: Miracle on 34th Street**  
Starring: Edmund Gwenn and Gene Lockhart

**December 20th: A Christmas Carol**  
Starring: Ebenezer Scrooge and Tiny Tim

**December 27th: The Santa Clause**  
Starring: Tim Allen

**The Kennedy Center**  
440 East Squantum Street  
Tuesdays at 12:00 pm

Refreshments are available for purchase Center's Café!

## December Dates to Remember

**December 7<sup>th</sup> National Pearl Harbor  
Remembrance Day**

**December 10<sup>th</sup> Full Moon**

**December 21<sup>st</sup> Hanukkah begins at sun  
down**

**December 22<sup>nd</sup> First day of winter**

**December 25<sup>th</sup> Christmas Day**

**December 26<sup>th</sup> Kwanza**



**KEEP YOUR BUSINESS  
ON TARGET!**  
Call Today to Advertise!  
**800-732-8070**

### MEDICARE CERTIFIED HOME HEALTHCARE

Innovative Senior Care Home Health delivers the very best care to help you remain independent at home.

- Skilled Nursing • Outpatient Therapy Services
- Physical, Occupational & Speech Therapy



**RIVER BAY CLUB**  
99 Brackett Street, Quincy, MA 02168  
(617) 773-3073  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

00035-100931-0411

All the seniors in town  
are reading this  
newsletter.

Do they know who  
**YOU** are?

Call to place  
an ad today

**800-732-8070**